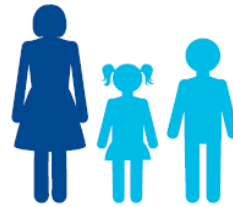


Child Supervision Policy for Swimming



Children under 8 years: Children aged under 8 years must be supervised by an adult or someone 16 years or over, in the water at all times.

Supervision ratios for children under 8 years:



STARTING POINT: PARENT SUPERVISION RATIO FOR CHILDREN UNDER EIGHT SHOULD BE 1:2

1:2



THIS RATIO COULD BE INCREASED (e.g. BY USE OF APPROVED SWIMMING AIDS)

1:3

Children 8 – 12 years: Children from 8 – 12 years of age must be always supervised by an adult either in the water or on the poolside.

Children 13 years – 15 years: May attend a family lane swim unsupervised with the parent or adult ideally on site at the Club.

Children 16 years and over: May attend either a lane swim or family swim session unaccompanied.

Blue Band Policy: Children under 8 years of age can take the Blue Band test to show that they are an accomplished swimmer to be able to pass a depth of 1.35m. Once completed they must always wear a Blue Band to pass a depth of 1.35m. An adult must remain in the water supervising at all times.

Blue bands can be collected from the Health Club Reception in exchange for a membership card at the time of arrival for every swim and must be returned after each swim.

Assessment criteria – Indoor Pool only:

- Jump from the deep end of the indoor pool into the water so that the head fully submerges.
- Tread water for 30 seconds in the deep end.
- Swim from the shallow end to the deep end and back to a standing position so that the head is fully above water in under two minutes.

If you have any questions, please speak to a member of the Health Club team.

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